

Statistics Report 01008, Cheese, caraway

Report Date:September 15, 2015 17:06 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	39.28	--	0.550	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	376	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Energy	kJ	1573	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	25.18	--	0.189	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	29.20	--	1.389	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	3.28	--	0.155	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	3.06	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Minerals													
Calcium, Ca	mg	673	--	9.821	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Iron, Fe	mg	0.64	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Magnesium, Mg	mg	22	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phosphorus, P	mg	490	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

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Potassium, K	mg	93	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sodium, Na	mg	690	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Zinc, Zn	mg	2.94	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Copper, Cu	mg	0.024	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.021	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	14.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Thiamin	mg	0.031	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Riboflavin	mg	0.450	--	0.064	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Niacin	mg	0.180	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Pantothenic acid	mg	0.190	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-6	mg	0.074	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Folate, total	µg	18	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	18	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976

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Folate, DFE	µg	18	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	0.27	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin A, RAE	µg	271	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2002
Retinol	µg	262	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2002
Vitamin A, IU	IU	1054	--	38.549	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Lipids													
Fatty acids, total saturated	g	18.584	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
4:0	g	0.922	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
6:0	g	0.466	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
8:0	g	0.246	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
10:0	g	0.529	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
12:0	g	0.477	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
14:0	g	2.934	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
16:0	g	8.638	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
18:0	g	3.531	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fatty acids, total monounsaturated	g	8.275	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
16:1 undifferentiated	g	0.885	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
18:1 undifferentiated	g	6.965	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fatty acids, total polyunsaturated	g	0.830	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
18:2 undifferentiated	g	0.508	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
18:3 undifferentiated	g	0.322	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Cholesterol	mg	93	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Amino Acids													
Tryptophan	g	0.324	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Threonine	g	0.896	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Isoleucine	g	1.563	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Leucine	g	2.412	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Lysine	g	2.095	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Methionine	g	0.659	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Cystine	g	0.126	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Phenylalanine	g	1.326	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Tyrosine	g	1.216	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Valine	g	1.682	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Arginine	g	0.952	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Histidine	g	0.884	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Alanine	g	0.711	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Aspartic acid	g	1.618	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Glutamic acid	g	6.160	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Glycine	g	0.439	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Proline	g	2.838	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Serine	g	1.472	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976